

WEEKLY MEAL PLAN

Mon

Garlicky Spaghetti Squash

- 1 medium-sized spaghetti squash
- 4 cups dino kale leaves
- 1 lemon
- 6 large cloves garlic
- 3 cups baby Portobello mushrooms
- 2 teaspoons fresh thyme
- 2 tablespoons olive oil
- ¼ teaspoon kosher salt
- 1/8 teaspoon cayenne pepper
- 1 (or two) large chicken breasts

Tues

Chili with Farro

- 1 red onion
- 1 orange pepper
- 1 (8 oz) package baby bella mushrooms
- 2 (14 oz) cans diced fire-roasted tomatoes
- 1 can black beans
- 1 can kidney beans
- 3 cups low-sodium vegetable broth
- 1 cup uncooked farro
- 1 to 3 chipotle peppers in adobo sauce
- 1 ½ tablespoons chili powder
- 2 teaspoons cumin
- 2 teaspoons garlic powder, desired
- 1 green pepper
- 1 can pinto beans
- toppings for serving

Wed

Pesto Tortellini

- 4 cups baby spinach
- 1 clove garlic
- 2 tablespoons fresh lemon juice
- 1 lb. baby bella mushrooms
- 20 ounce package tortellini
- 1/2 cup extra virgin olive oil
- 1/2 cup sundried tomatoes
- 3 tablespoons walnut pieces
- 2-4 tablespoons heavy cream
- grated parmesan, for serving

Thurs

Fajita Enchiladas

- 1 green bell pepper
- 1 red bell pepper
- 1 large red onion
- cilantro and avocado, for topping
- 2-3 tbsp olive oil
- 2 tbsp chili powder
- 1 tsp paprika
- 1 tsp onion powder
- 1/2 tsp cumin
- 1/4 tsp garlic powder
- 1/8-1/4 tsp cayenne pepper
- 1 large can (28 oz) red enchilada sauce
- 8-10 flour tortillas
- 2 cups shredded Mexican or Cheddar cheese
- 1 lb beef stew meat (or your favorite cut of beef)

Fri

Butternut Squash Soup

- 1 small butternut squash (about 2 pounds)
- 4 cloves garlic
- 2 medium carrots
- 1 medium white onion
- Parsley, for topping
- ½ cup extra olive oil
- 1 teaspoon ground cumin
- ½ teaspoon crushed red chile flakes
- ½ teaspoon paprika
- 6 cups vegetable stock
- 1 cup red lentils
- Pepitas, for topping
- Greek yogurt, for topping

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